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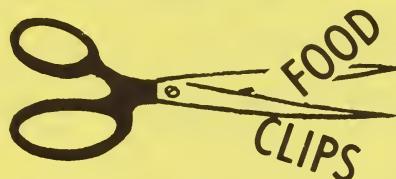
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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Did you know that sweet potatoes actually improve in storage? Vitamin A value of sweet potatoes increases during the maturing period before they reach the retail store.

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How long can you keep frozen concentrated orange juice at 32 degrees? It only loses about 5% of its vitamin C in a year, according to U.S. Department of Agriculture home economists.

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Fats in foods are not all bad -- they make meals more satisfying and carry vitamins A, D, E and K, and, are essential parts of the structure of the cells which make up the body's tissues.

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Whole grain and enriched breads and cereals can provide 20 to 25 percent or more of the daily iron need.

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Iodine? You need it -- and the most practical ways to be sure to get enough in your diet is to use iodized salt regularly -- and add seafood to the diet when ever possible.

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IN HOT PURSUIT - - of Protein

What the world needs now -- answers to the growing concern about the world's food supply. The dilemma has focused most on the need to expand the quantity and quality of low-cost protein to satisfy world demand.

Several ways to provide more protein for human consumption may be considered: making more naturally high-protein foods available in areas in short supply; breeding to produce higher quality protein in locally grown foods; fortifying foods with missing amino acids (the building blocks of protein) or with other protein sources such as soy flour; providing high protein food supplements; and creating new high-protein food products.

The opportunity and technical expertise exists to produce the new protein foods but consumer acceptance and cost are still two important roadblocks, according to researchers at the U.S. Department of Agriculture. If people are unwilling to eat new products...no matter how nutritious, inexpensive or convenient they are...the products are useless.

ON HOUSEHOLD APPLIANCES — and Service Life

If you're budgeting for a new home freezer -- you may want an idea of the average service-life expectancy of the appliance. Families keep a new home freezer an average of 20 years and a new refrigerator 15 years, according to the latest figures compiled by the Home Economists of the Agricultural Research Service, U.S. Department of Agriculture.

Researchers made their estimates based on a survey of 12,000 households using a base similar to the method used in estimating the life expectancy of persons. The average service-life expectancies, according to the report are: gas range, 13 years; electric range, 12 years; dishwasher, 11 years; washing machine, 11 years; electric clothes dryer, 14 years; gas clothes dryer, 13 years; black and white television, 11 years; and color television, 12 years.

Another list is made for appliances if acquired in the "used" marketplace. A home freezer, 9 years; refrigerator, 7 years; gas range, 7 years; electric range, 6 years; dishwasher, 7 years; washing machine, 5 years; electric clothes dryer, 5 years; and black and white television, 5 years. No data was available on used color televisions and used gas clothes dryers.

It must be noted that many factors influence the decision to replace or dispose of an appliance. These figures show current practice in the use of equipment, indicating how long, on the average, consumers keep each appliance. This does not indicate how long the appliance could have been made to last. Actually these figures are up-date estimates made by USDA from 1957-1961. Comparing the above figures with the older survey did not reveal any consistent pattern of either shortened service life or lengthened life for appliances.

MOBILE HOME LIVING...

—New U.S.D.A. Slide and Film Set

Thinking about buying a mobile home? Don't confuse a mobile home with a travel trailer. A mobile home is a permanent-type residence, available in a variety of styles, and usually placed on a homesite...a subdivision or a park. A travel trailer is considered a recreation-vehicle, according to housing specialists at USDA's Extension Service.

A new slide set and film strip called "Selecting and Buying a Mobile Home," produced by USDA, provides information of family housing needs. It notes that items to be considered are similar to those involved in the purchase of any kind of home--quality of construction and materials are most important. Influencing factors include the roofline, the exterior color, window and door shapes. Adequate storage space and floor space also are major considerations.

Mobile homes have increased in quality and size, and the rate of depreciation has been reduced. Today, a reasonably cared for-five year old mobile home will sell for about 75% of what it originally cost. Methods of financing a mobile home are included in the script as well as the 1971 Farm Credit Act for financing mobile homes in rural communities of fewer than 2,500.

The 133 frame slide set "Selecting and Buying a Mobile Home" may be purchased for \$25. from the Photography Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. The filmstrip for \$17. may be ordered from the Photo Lab, Inc. 3825 Georgia Ave. N.W. Washington, D.C. 20011. A cassette with soundtrack and two copies of the illustrated narrative guide are included.



50%
married under 35

25%
retirees **25%**
others

"THE WORLD FOOD SITUATION"

— — — NEW SLIDE SET

What is the world food situation? How does the slow rise in per-capita food production in the less developed regions affect us? Added acres in developing countries and their percentage increase in grain production was greater than that of the richer nations. Even so, their grain output level today approximates that of the developed nations of two decades ago.

Looking towards 1985 -- projections are that grain consumption may be up by a fifth in developed nations, mainly because of indirect consumption through diets containing more meat. However, increases in grain consumption in less developed nations will be quite small. An all-out production in the United States, for example, could produce a 9-billion bushel corn crop in 1985. Success in maintaining long-term trends upward in world food output and per capita consumption-- and in coping with the occasional setbacks such as recently experienced -- will depend both upon a progressive U.S. farm economy and cooperation among nations to further our common goals.

Copies of the series of 22 charts explaining the world food situation have been produced by the Economic Research Service of U.S. Department of Agriculture. The slides are available for \$10 and may be ordered from the Photography Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. The illustrative narrative guides are also included.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
